



Gay Johnson, CEO

Message from the CEO

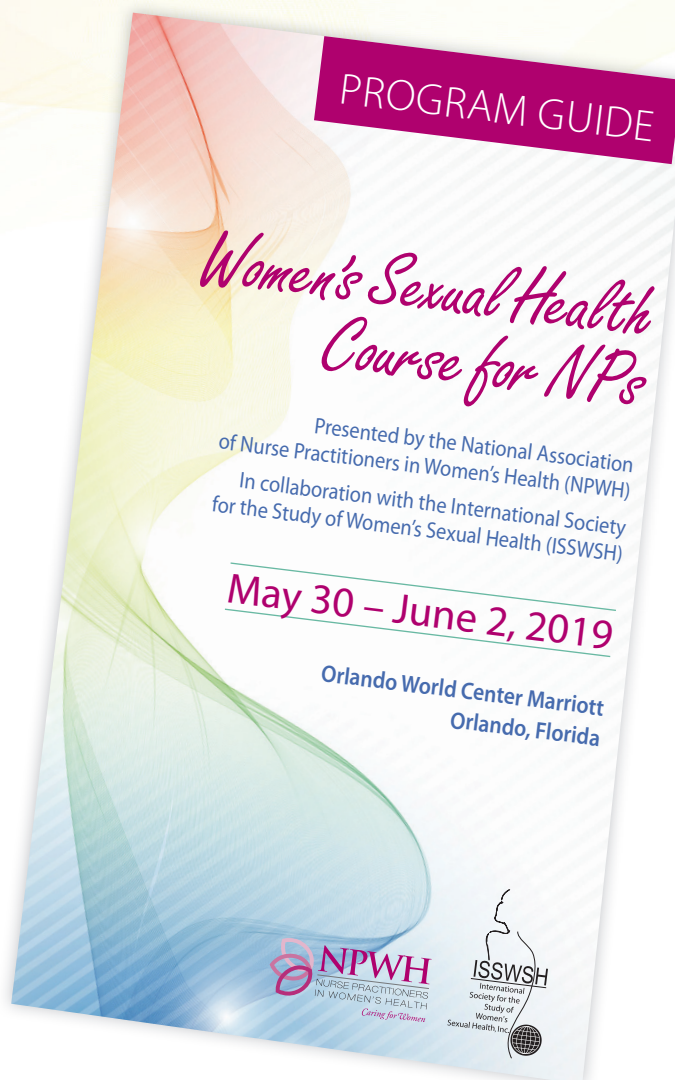
As the New Year continues to unfold, I am excited about all that lies ahead. First, we welcome four new board members:

- **Heidi Fantasia, PhD, RN, WHNP-BC**, Assistant Professor at the University of Massachusetts in Lowell;
- **Rachel Gorham, MSN, WHNP-BC, AGN-BC**, women's health nurse practitioner at Physicians Medical Center in the State of Washington;
- **Shawana Moore, DNP, MSN, CRNP, WHNP**, Assistant Professor/WHNP and Program Director at Thomas Jefferson University College of Nursing in Philadelphia, Pennsylvania; and
- **Sandi Tenfelde, PhD, RN, APN, WHNP-BC**, Associate Professor and Director of the Women's Health Nurse Practitioner program at Loyola University Chicago, Marcella Niehoff School of Nursing, in Illinois.

We look forward to working with these WHNPs as part of our team.

Some of you had a sneak peek at our H.E.R. Hub (Health, Education, Resources for Her) while attending the NPWH conference in San Antonio this past October. If you haven't seen it, check out this [link^A](#) on our website. This portal, which we plan to launch soon, will offer helpful information for you to share with your patients.

2019 marks the sixth year that NPWH is offering the Women's Sexual Health Course for NPs. This year, the course will be held in Orlando, Florida, from May 30 through June 2. We look forward to welcoming new NPs to the course and are always delighted to see NPs who have attended in the past. This is the *only* program specifically designed for NPs regarding female sexual dysfunction (FSD). The knowledge and skill-building provided



by this course will help prepare NPs to initiate sensitive discussions with their patients and increase their ability to evaluate, diagnose, and manage FSD. The faculty members for the course are highly trained and sought after for their expertise in the field of sexual medicine. The course schedule appears on the following pages. We look forward to seeing you in Orlando!

– Gay Johnson
Chief Executive Officer, NPWH

Web resource

A. npwh.org/lms/announcements/details/78

NPWH and ISSWSH welcome you to the sixth annual Women's Sexual Health Course for NPs. We believe that sexual health is a basic human right and a vital component of wellness. Unfortunately, many women have concerns about their sexual health, and others live with female sexual dysfunction (FSD) and don't know that help is available. As nurse practitioners (NPs) who care for women, you are the best resource to help women achieve and maintain satisfying sexual lives. This course will enhance your ability to promote women's sexual health and increase your confidence in your ability to evaluate, diagnose, and manage FSD.

Educational Objectives

At the conclusion of the meeting, attendees should be able to:

- Interpret current state-of-the-art knowledge in epidemiology of FSD, physiology of female sexual function, and pathophysiology of FSD.
- Assess FSD using history & physical, psychometrically validated inventories, blood tests, neurologic tests, and blood-flow testing.
- Apply pharmacologic, surgical, behavioral, and psychosocial treatments available for a woman with sexual dysfunction presenting in a community setting.
- Distinguish when to treat a woman with sexual dysfunction in the office and when to refer.

Needs Statement

Female sexual problems are common but are underreported and undertreated, even though state-of-the-art diagnostic and management strategies are available. The purpose of this continuing education (CE) program is to provide NPs with up-to-date evidence and expert consensus on female sexual health, evaluation techniques, and therapeutic interventions. We will address the knowledge, skills, and professional attributes required to excel in sexual health practice.

REGISTRATION INFORMATION

This course is limited to 250 attendees. The course is designed for practicing NPs; **students are not eligible to attend.** Fees include all sessions except the Vulvoscopy Workshop, which incurs an additional fee.

Course Registration Fees

\$435 for active NPWH or ISSWSH members

\$510 for non-members

\$560 for non-members with 1-year NPWH membership

\$585 for non-members with 1-year ISSWSH membership

\$710 for non-members with 1-year NPWH and ISSWSH memberships

\$295 for Vulvoscopy Workshop (space is limited)

Method of Payment for Registration Fee

Payment can be made by U.S. check or money order (payable to NPWH) or credit card—MasterCard, VISA, Discover, or American Express—only. A \$25 fee is charged for any returned check or declined credit card.

Refunds

A \$50 processing fee will be charged for cancellations received in writing by Monday, May 6, 2019. After May 6, 2019, only 50% of the fee will be refunded. "No-shows" will not receive a refund.

Accommodations

Orlando World Center Marriott

8701 World Center Drive
Orlando, FL 32821
Phone: 407-239-4200

Your discounted conference room rate is \$160 (plus applicable taxes and fees). The deadline to receive the discounted room rate is May 1, 2019.

Call 800-228-9290 to arrange your hotel reservation and mention "NPWH Nurse Practitioners in Women's Health" for the special group rate. You can also book online at bit.ly/2019WSHCHotel or visit the NPWH website for more information.

Early Departure Fee: An early departure fee of \$75 will apply if an attendee checks out prior to the confirmed checkout date.

Airport and Ground Transportation Information

Travel distance between the Orlando International Airport (MCO) and the Orlando World Center Marriott is approximately 20 miles. Visit the Orlando Airport website at <https://www.orlandoairports.net> for transportation options. Taxis, SuperShuttle, and Uber are available.

Americans with Disabilities Act/Dietary Restrictions

NPWH fully complies with the legal requirements of the Americans with Disabilities Act and the rules and regulations thereof. If you have dietary restrictions and plan to attend any of the meal functions, please let us know as soon as possible. NPWH will work with you to make sure your needs are met. If you need any other special accommodations, please contact Carol Wiley at cwiley@npwh.org.

Equal Opportunity

Events and activities approved by NPWH are available without regard to a participant's race, color, sex, national origin, disability, or age, as provided by law and in accordance with NPWH's respect for personal dignity.

Credit Information

This program has been approved by the Continuing Education Approval Program of the National Association of Nurse Practitioners in Women's Health for 19.1 contact hours, which includes 6.5 hours of pharmacology. The Post-Conference Vulvoscopy Workshop has been approved for 5.25 contact hours, which includes .5 hours of pharmacology. In addition to CE contact hours, attendees will receive a Certificate of Completion for the Women's Sexual Health Course. The Certificate will document for patients, employers, and peers the knowledge gained in Women's Sexual Health.

For Questions Regarding Registration

Contact Carol Wiley at NPWH

Phone: 202-543-9693, ext. 4

Email: cwiley@npwh.org

Website: www.npwh.org

505 C Street, NE
Washington, DC 20002

VULVOSCOPY WORKSHOP

This workshop will give you the opportunity to learn clinical skills used in sexual health practice. Using models, you will practice key steps in performing vulvoscopy, biopsies, suturing, and anal Pap tests. In addition, you will learn in detail about managing vulvar dermatologic problems, vaginitis, and abnormal Pap test findings. Finally, to balance your educational experience, you will learn some simple in-office sexual healthcare procedures that can be performed during vulvoscopy.

Educational Objectives

At the conclusion of this workshop, attendees should be able to:

- Describe the embryology and histology of the vestibule, vulva, and vagina.
- Apply skills of vulvoscopy as part of a sexual health examination.
- Distinguish among various dermatologic disorders, including lichen sclerosus, lichen planus, and dermatitis, and treat them appropriately.

- Differentiate among etiologies of vaginitis and select effective treatment options.
- Summarize the steps in performing an in-office vestibular anesthesia test, lysis of clitoral adhesions, and removal of keratin pearls.

Completion of a course in Women's Sexual Health provided by NPWH or ISSWSH is a prerequisite for the Vulvoscopy Workshop.

Needs Statement

As part of treating women with sexual dysfunction, a physical examination, including vulvoscopy, is recommended. Although most offices where women with sexual health problems are treated have a colposcope, few practitioners are trained in its use for vulvoscopy, which is not included in the standard NP curriculum. The purpose of this CE workshop is to provide NPs with up-to-date knowledge and required skills for performing vulvoscopy in the office.

2019 NPWH Women's Sexual Health Course Schedule

Thursday, May 30, 2019

Registration opens at 8:00 am

9:30 am – 9:45 am

Welcome/Introduction

Irwin Goldstein, MD, IF, Past President, ISSWSH
Gay Johnson, CEO, NPWH

9:45 am – 12:10 pm

THE ABC'S OF SEXUAL HEALTH

9:45 am – 10:15 am

Epidemiology/Models/Classification

Sheryl Kingsberg, PhD, IF

10:15 am – 10:45 am

Sexual History/Psychological and Psychosocial History/Questionnaires

Sheryl Kingsberg, PhD, IF

10:45 am – 11:00 am

Ethical Considerations

Sue Goldstein, CCRC, CSE, IF

11:00 am – 11:25 am

Anatomy and Physiology of the Genitals

Rachel Rubin, MD

11:25 am – 12:00 pm

Physical Exam and Diagnostic Testing

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

12:00 pm – 12:10 pm

Q&A

12:10 pm – 1:00 pm

LUNCH

1:10 pm – 2:45 pm

HORMONES AND HEALTH

1:10 pm – 1:30 pm

Hormone Management: Estrogens and Progestogens

Rachel Rubin, MD

1:30 pm – 2:00 pm

Hormone Management: Androgen Treatment Guidelines and Safety Concerns

Samantha Tojino, FNP-C

2:00 pm – 2:20 pm

Hormone Management: Contraception and Sexual Function

Rachel Rubin, MD

2:20 pm – 2:35 pm

Hormone Management: Transgender Women

Irwin Goldstein, MD, IF

2:35 pm – 2:45 pm

Q&A

2:45 pm – 5:15 pm

HSDD/AROUSAL DISORDER/ORGASM DISORDER MINI-COURSE

2:45 pm – 3:15 pm

Prevalence and Causes of HSDD/Arousal/Orgasmic Disorders

Samantha Tojino, FNP-C

3:15 pm – 3:30 pm

Break

3:30 pm – 3:55 pm

Psychotherapy for HSDD/Arousal/Orgasmic Disorders

Sheryl Kingsberg, PhD, IF

3:55 pm – 4:20 pm

Diagnosis and Treatment of HSDD

Brooke Faught, DNP, WHNP-BC, NCMP, IF

4:20 pm – 5:05 pm

Diagnosis and Treatment of Arousal and Orgasmic Disorders

Rachel Rubin, MD

5:05 pm – 5:15 pm

Q&A

Register now for the Women's Sexual Health Course for NPs.

5:15 pm – 6:25 pm
PERSISTENT GENITAL AROUSAL DISORDER (PGAD)

5:15 pm – 5:40 pm
Prevalence and Theoretical Causes of PGAD
Irwin Goldstein, MD, IF

5:40 pm – 5:50 pm
Patient Story

5:50 pm – 6:15 pm
Management of PGAD
Irwin Goldstein, MD, IF

6:15 pm – 6:25 pm
Q&A

6:30 pm – 7:15 pm
WELCOME RECEPTION

Friday, May 31, 2019

7:00 am – 8:00 am
CONTINENTAL BREAKFAST

8:00 am – 8:05 am
ANNOUNCEMENTS

8:05 am – 11:25 am
SEXUAL PAIN MINI-COURSE

8:05 am – 8:45 am
Pelvic Floor: Anatomy and Management of Dyspareunia
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

8:45 am – 9:10 am
Medical Management of Dyspareunia
Samantha Tojino, FNP-C

9:10 am – 9:50 am
Non-Medical Management of Dyspareunia
Irwin Goldstein, MD, IF

9:50 am – 10:00 am
Patient Story

10:00 am – 10:15 am
Break

10:15 am – 10:45 am
Vulvar Dermatoses: Diagnosis and Management
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

10:45 am – 11:15 am
HPV, VIN, and Vulvar Disease: Diagnosis and Management
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

11:15 am – 11:25 am
Q&A

11:25 am – 2:15 pm
CO-MORBIDITIES AND SEXUAL HEALTH

11:25 am – 11:55 am
Gynecologic Conditions and Sexual Dysfunction
Brooke Faught, DNP, WHNP-BC, NCMP, IF

11:55 am – 12:20 pm
Chronic Conditions and Sexuality
Samantha Tojino, FNP-C

12:20 pm – 1:10 pm
Lunch

1:20 pm – 1:50 pm
Cancer Treatment and Sexuality
Samantha Tojino, FNP-C

1:50 pm – 2:15 pm
Disability and Sexuality: Medical Considerations
Brooke Faught, DNP, WHNP-BC, NCMP, IF

2:15 pm – 3:25 pm
OTHER CONSIDERATIONS IN SEXUAL HEALTH

2:15 pm – 2:30 pm
Pregnancy, Postpartum, and Sexuality
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

2:30 pm – 2:50 pm
Issues in Sexual Health Specific to LGBT
Sheryl Kingsberg, PhD, IF

2:50 pm – 3:25 pm
Alternative Sexual Practices
Brooke Faught, DNP, WHNP-BC, NCMP, IF

3:25 pm – 3:40 pm
Break

3:40 pm – 4:20 pm
Experimental Therapies and Future Research for FSD
Irwin Goldstein, MD, IF

4:20 pm – 4:45 pm
Coding
Brooke Faught, DNP, WHNP-BC, NCMP, IF

4:45 pm – 5:15 pm
Sexual Health Problems in Male Partners
Rachel Rubin, MD

5:15 pm – 6:00 pm
Q&A
Moderator: Sheryl Kingsberg, PhD, IF
Panelists: Brooke Faught, DNP, WHNP-BC, NCMP, IF; Irwin Goldstein, MD, IF; Susan Kellogg-Spadt, PhD, CRNP, IF, CST; Rachel Rubin, MD; and Samantha Tojino, FNP-C

Saturday, June 1, 2019

7:00 am – 8:00 am
Continental Breakfast

8:00 am – 8:20 am
Conclusion, Clinical Pearls, and Course Wrap-Up

8:25 am – 11:50 am
Breakout Sessions
Participants will have the opportunity to rotate through the topics listed below. Each session will be 30 minutes long.

Station 1: Sexual Enhancers: Moisturizers, Lubricants, and Accessories
Rachel Rubin, MD

Station 2: Pelvic Floor
Susan Kellogg-Spadt, PhD, CRNP, IF, CST

Station 3: Clinical Cases (Pain)
Irwin Goldstein, MD, IF

Station 4: Clinical Cases (HSDD)
Brooke Faught, DNP, WHNP-BC, NCMP, IF and Samantha Tojino, FNP-C

Station 5: Healthy Sexuality in Mid-Life and Beyond
Sheryl Kingsberg, PhD, IF

Station 6: Operationalizing FSD Healthcare
Sue Goldstein, CCRC, CSE, IF and Susan Rawlins, RN, MS, WHNP-BC

VULVOSCOPY WORKSHOP

11:50 am – 12:55 pm

LUNCH

1:00 pm– 3:15 pm

DIDACTIC LECTURES

1:00 pm – 1:35 pm

Overview and Step-by-Step Vulvoscopy

Rachel Rubin, MD

1:35 pm – 2:05 pm

Embryology/History of Vulva and Vagina

Irwin Goldstein, MD, IF

2:05 pm – 2:35 pm

Vulvar Dermatoses and Dermatitis

Brooke Faught, DNP, WHNP-BC, NCMP, IF

2:35 pm – 2:55 pm

HPV/VIN/VAIN/AIN

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

2:55 pm – 3:15 pm

Vaginitis Identification and Management

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

3:15 pm – 3:30 pm

Break

3:30 pm – 4:15 pm

Breakout 1

1. Vulvoscopy and Forceps Biopsy

Susan Kellogg-Spadt, PhD, CRNP, IF, CvST

2. Sutures, Procedures under Vulvoscopy, and Menopause Changes Evident under Vulvoscopy

Irwin Goldstein, MD, IF

3. Vulvoscopy and Keyes Punch Biopsy

Brooke Faught, DNP, WHNP-BC, NCMP, IF

4. Talking Your Way Through Vulvoscopy and Anal Pap

Rachel Rubin, MD

4:30 pm – 5:15 pm

Breakout 2

1. Vulvoscopy and Forceps Biopsy

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

2. Sutures, Procedures under Vulvoscopy, and Menopause Changes Evident under Vulvoscopy

Irwin Goldstein, MD, IF

3. Vulvoscopy and Keyes Punch Biopsy

Brooke Faught, DNP, WHNP-BC, NCMP, IF

4. Talking Your Way Through Vulvoscopy and Anal Pap

Rachel Rubin, MD

Sunday June 2, 2019

VULVOSCOPY WORKSHOP

7:30 am – 8:30 am

Continental Breakfast

8:30 am – 9:15 am

Breakout 3

1. Vulvoscopy and Forceps Biopsy

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

2. Sutures, Procedures under Vulvoscopy, and Menopause Changes Evident under Vulvoscopy

Irwin Goldstein, MD, IF

3. Vulvoscopy and Keyes Punch Biopsy

Brooke Faught, DNP, WHNP-BC, NCMP, IF

4. Talking Your Way Through Vulvoscopy and Anal Pap

Rachel Rubin, MD

9:30 am – 10:15 am

Breakout 4

1. Vulvoscopy and Forceps Biopsy

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

2. Sutures, Procedures under Vulvoscopy, and Menopause Changes Evident under Vulvoscopy

Irwin Goldstein, MD, IF

3. Vulvoscopy and Keyes Punch Biopsy

Brooke Faught, DNP, WHNP-BC, NCMP, IF

4. Talking Your Way Through Vulvoscopy and Anal Pap

Rachel Rubin, MD

2019 PLANNING COMMITTEE

Brooke Faught, DNP, WHNP-BC, NCMP, IF

Catherine Gagnon, CNP

Irwin Goldstein, MD, IF

Sue Goldstein, CCRC, CSE, IF

Gay Johnson, BA, Chief Executive Officer, NPWH

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

Susan Rawlins, RN, MS, WHNP-BC

DISTINGUISHED 2019 FACULTY

Brooke Faught, DNP, WHNP-BC, NCMP, IF

Clinical Director, Women's Institute for Sexual Health (WISH), Nashville, Tennessee

Irwin Goldstein, MD, IF

Director of Sexual Medicine, Alvarado Hospital; Clinical Professor of Surgery, University of California San Diego; Director, San Diego Sexual Medicine, San Diego, California

Sue Goldstein, CCRC, CSE, IF

Clinical Research Manager, Sexuality Educator, San Diego Sexual Medicine, San Diego, California

Susan Kellogg-Spadt, PhD, CRNP, IF, CST

Director of Female Sexual Medicine, Academic Urology; Professor of Human Sexuality, Widener University; Professor of OB/GYN, Drexel University College of Medicine, Philadelphia, Pennsylvania

Sheryl Kingsberg, PhD, IF

Chief, Division of Behavioral Medicine, University Hospitals Cleveland Medical Center; Professor, Departments of Reproductive Biology and Psychiatry, Case Western Reserve University School of Medicine, Cleveland, Ohio

Susan Rawlins, RN, MS, WHNP-BC

Director of Education, NPWH; Nurse Practitioner, Greater Texoma Health Clinic, Denison, Texas

Rachel Rubin, MD

Urologist and Sexual Medicine Specialist, Washington, DC

Samantha Tojino, FNP-C

Nurse Practitioner, Georgia Center for Pelvic Health, Augusta, Georgia



Log on to **npwh.org** to
access the registration
form for the course.